

School of the Holy Child
Contact Information

John Pizzi, Jr.
Director of Athletics & Physical Education
2225 Westchester Avenue
Rye, NY 10580
914-967-5622, ext 204
Fax: 914-967-6476
j.pizzi@holychildrye.org

www.holychildrye.org

LIFT's Athletic Development program has been specifically designed to improve an athlete's overall "on-field" performance while decreasing the chances of injuries, using proven strength and conditioning methods including: Movement Preparation, Prehabilitative Exercises, Linear and Lateral Speed Drills, Proper Running Mechanics and Plyometrics. More importantly, each participant will receive hands on training from degreed, certified, and experienced professionals, many of whom have participated in intercollegiate sports. For more information about LIFT or our variety of programs and services visit us at www.go2lift.com

SCHOOL OF THE HOLY CHILD ATHLETIC CAMP SCHEDULE



SUMMER 2010

EVENING ATHLETIC PROGRAM AND CONDITIONING PROGRAM FOR GIRLS

Athletic Camps - Upper School

School of the Holy Child evening athletic summer camps for girls are designed to help players develop in a game-like setting. A portion of each camp day will also be dedicated to individual skill development, although a majority of the camp activities will be comprised of scrimmage situations. The camps listed below will also have a sport-specific conditioning component, from 7:30-8:00 p.m.

June 28-July 1: Soccer, 5:30-8:00 p.m.
June 28-July 1: Basketball, 5:30-8:00 p.m.
July 19-July 22: Lacrosse, 5:30-8:00 p.m.
July 26-July 29: Softball, 5:30-8:00 p.m.
August 2-August 5: Field Hockey, 5:30-8:00 p.m.
August 9-August 12: Volleyball, 5:30-8:00 p.m.

Athletic Camps - Middle School

School of the Holy Child evening athletic summer camps for girls are designed to help players develop in a game-like setting. A portion of each camp day will also be dedicated to individual skill development, although a majority of the camp activities will be comprised of scrimmage situations.

June 28-July 1: Field Hockey, 5:30-7:30 p.m.
June 28-July 1: Soccer, 5:30-7:30 p.m.
July 5-July 8: Basketball, 5:30-7:30 p.m.
July 19-July 22: Softball, 5:30-7:30 p.m.
August 9-August 12: Lacrosse, 5:30-7:30 p.m.

Conditioning Camps

The two weeks of camps listed below are conditioning camps, run by the LIFT Corporation, for Upper School student-athletes, designed to give a competitive edge. Focus will be on strength, endurance, speed, agility and quickness.

July 26-July 30: Conditioning Session I - Upper School, 9:00-10:30 a.m.
Aug 16-Aug 20: Conditioning Session II - Upper School, 5:30-7:00 p.m.

Please note that the camp dates are subject to change, based on the field conditions during the summer. Also, please note that all outdoor sports camps will be held, rain or shine, outdoors, as long as there is not lightening.

Questions: Please contact John Pizzi, Jr., Director of Athletics and Physical Education, at 914-967-5622, extension 204, or j.pizzi@holychildrye.org.

CAMP REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Home Phone Number: _____

Work Phone Number: _____

Parent Cell Phone Number: _____

Grade (Fall of 2010): 6th 7th 8th 9th 10th 11th 12th

School (Fall of 2010): _____

Session (Please check all that apply)

<input type="checkbox"/> Middle School Basketball	<input type="checkbox"/> Upper School Lacrosse
<input type="checkbox"/> Middle School Field Hockey	<input type="checkbox"/> Upper School Basketball
<input type="checkbox"/> Middle School Lacrosse	<input type="checkbox"/> Upper School Softball
<input type="checkbox"/> Middle School Soccer	<input type="checkbox"/> Upper School Volleyball
<input type="checkbox"/> Upper School Soccer	<input type="checkbox"/> LIFT Conditioning I
<input type="checkbox"/> Upper School Field Hockey	<input type="checkbox"/> LIFT Conditioning II
<input type="checkbox"/> Middle School Softball	

Upper School Athletic Camp: \$175 per girl, per session
Middle School Athletic Camp: \$150 per girl, per session
LIFT Conditioning: \$125 per girl, per session

Please note that space is limited. Registrations will be honored on a first-come, first-served basis.

Limited financial aid is available for those that qualify.

Payment (payable to SHC) and this registration form should be sent to:

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